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SELECTING CLOTHING APPROPRIATE FOR THE HIGH SCHOOL GIRL

By

Beulah Delores Mason

A Thesis in Home Economics Submitted in Partial
Fulfillment of the Requirements
for the Degree of

Bachelor of Science

in the

Division of Home Economics

of the

Prairie View State Normal and Industrial College

Prairie View, Texas

May, 1937

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DEDICATED

to

my devoted sister, Mrs. Mary Green

Outline

I. Introduction

A. Definition of terms

B. Purpose of study

II. Review as related to the proper selection of clothing

A. Comfort

B. Posture

C. Hygiene

ACKNOWLEDGMENT

III. The writer wishes to express her sincere appreciation to her supervisor, Miss M. L. Powell, for her aid and timely suggestions in the completion of this thesis. The writer also wishes to thank other friends whose assistance was highly valuable.

A. Color

B. Design

C. Durability

D. Kind of fabric to be used

IV. Selection of the clothes suited for a high school

A. girl's wardrobe.

B. Dresses

C. Underswear

D. Shoes

E. Coats

F. Hats

V. Summary

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I. Introduction

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A. Income

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INTRODUCTION

It is very essential that every school girl should know the value of clothes and what they can do for her. Her whole life can be affected by her clothes. Many careers have ended because of lack of interest in clothes and careers have been made because of keen interest and appreciation. Opportunities for leadership and self expression have been lost because of a natural disregard for clothes or lack of training in the appreciation of beauty in clothes.

Regardless of what has been said against appearance as a snare and an empty vanity, the fact still remains that dress has a tremendous influence upon individuals, upon the wearer and the beholder. ^{author} The agrees whole heartedly with the writer who said that,

"The consciousness of being becomingly and fittingly dressed for the occasion whatever that occasion may be strengthens and insures one's self confidence tremendously, give poise and self command, encourages the brain to forge forward, emboldens the timid tongue, and quickens one's wits along the avenues of resourcefulness, inventiveness, graceful speech and tact". ¹

If one is conscious of being properly attired, all of his faculties are stimulated and inspired.

¹Baldt, Laura I., Clothing for the High School Girl.

DEFINITION OF TERMS

Appropriate clothing — clothes that contribute to the health of the individual by its construction and are suited to the occasion and to the individual.

Design in clothes may be expressed as "A wise selection of materials and a pleasing arrangement of line and color with particular regard for their wearer and the occasion".

Durable fabrics are those fabrics that are able to withstand the strain of wash and wear.

Accessories are adornments which add to the design and assist in bringing out the natural charms of an individual.

Budgets are plans by which records of expenditures are kept.

Income is the gains or profit that come into the family.

PURPOSE OF STUDY

The purpose of this study is to provide practical information whereby standards of taste may be developed with the results that the best in one may be enhanced and the worse suppressed or used to the best advantage. In this study individual every day problems are set up, considered carefully, and practical solutions offered. It is hoped that this will lead to more intelligent selection, more economic buying, and more harmony and appropriate expression generally.

That clothing should contribute positively to the health of the wearer is comparatively a new idea. The European War did much to foster it by showing the number of young people of both sex who weaken or deformed the feet and other parts of their bodies by unhygienic clothes.

A. "Hygienic clothing should contribute positively to the health of the individual by:

1. Protecting the body from sudden extremes of temperature and from dampness.
2. Permitting freedom of action and not retarding circulation.
3. Being light in weight.
4. Being sanitary, or in other words easily cleaned.
5. Being porous when worn next to the skin in order that evaporation may take place readily.¹

B. Clothing as a protection to the body should be:

1. Sufficient in quantity and ample enough in dimension to cover the body.
2. Evenly distributed, rather than thick or of many layers, over some parts of the body and scanty or absent over others.
3. Clothing should protect the sensitive parts of the body, such as the ankles and back of the neck, in order to keep the bodily energy up to

¹ Woolman, B. S. - "Clothing" - Choice, Care and Cost.

the maximum.

4. For outdoor wear in severe climates, wind and moisture proof garments are necessary.

C. Clothing should permit freedom of action for every part of the body.

Skirts that are too long are a menace to comfort and safety; they impede action and gather dirt. Long, tight skirts make walking very difficult and causes an ugly jerky gait. It is almost impossible to step up and down in them.

The brassiere, properly fitted can increase the comfort and improve the appearance of the wearer. If the muscles are not strong enough to support the breast without visible motions when walking, a support is necessary for both comfort and modesty but whenever possible the muscles should be strengthened by massage and exercise to do their work with least possible aid. During recent years when a boyish figure was the ideal of feminine beauty, many women as well as girls did serious and permanent injury to their health by constricting the breast in very tight brassieres in their effort to conform to fashion.

Today we find majority of girls wear comfortable clothing except for their shoes. Some still compress the feet into shoes having soles anywhere from one quarter to three quarters of an inch narrower than the foot when it is unshod, and pressed upon the ground by bearing the weight of the body. Not only this but the foot is tilted forward and the instep and ankle thrown into an abnormal position

by a high narrow heel and the toes are compressed into a point. This unnatural position of foot and leg affects the whole posture. It pushes the knee forward in a slightly bent position and in order to balance this the head is apt to be pushed forward and the spine to curve in at the waistline in the back in an ugly and awkward position. The gait of a girl, wearing very high heels, is stiff and ungraceful.

In selecting clothing the next factor to be considered is the weight. Clothing should be light in weight and the weight should be equally and evenly distributed. Garments that are so voluminous or so heavy that they are a burden to carry and use energy unnecessarily. Clothing light in weight conserves bodily energy. Two light weight articles are warmer, more comfortable, and easier to carry than one heavy one. The dress loose at the waist with weight hung from the shoulders, unlined and easily cleaned, warm, light weight coats with sweaters used under them for extra warmth, all these are hygienic and comfortable.

Next we consider the sanitation of clothing. Both the inner and outer garments should be easy to clean and capable of standing the strain of constant renovation. Clothing worn next to the skin collects the waste thrown off by the skin. The sweat glands give off about three pints daily, much of which is absorbed by the clothing worn next to the skin. It is obvious that this clothing must be of material that will stand frequent washing and boiling in order that it may be kept in sanitary condition.

From the hygienic point of view it is better to have garments that can be washed easily, need no ironing, or will go through a mangle, rather than to have garments that must be starched carefully and ironed by hand. Outer garments should be short enough not to sweep up dust and dirt from the ground. Trimmings that do not catch dirt, that clean without adding to the labor expended on the garment, or that can be removed and cleaned separately, make it easy to keep a garment in good condition.

If the factors that have been discussed above, are considered when selecting clothing, the health of the wearer will be assured.

Clothing budget of the high school girl:

Along with the intelligent selection of clothing, which takes in choice of attractive, suitable and appropriate garments, we should consider the budgeting of the high school girl's allowance for clothing.

The family buyer today needs to know how to spend money, to estimate the household wants and decide between needs and wants. She should know more of textiles, their value and costs, that more may be obtained for money expended. Clothing is one of the items of the budget where extravagance easily creeps. With prices high and old methods of attiring one's self established, it is easy to overspend the money.

Children of school age requires quite a deal of money to be spent on their clothing. Making clothing at home not only reduces the price, but a better and more enduring class of material can be chosen. The ready-to-wear garment, as generally, found is too elaborate in design and less enduring. There is also a chance of garments be renovated because most garments made at home will be simple and renovation can be more easily done than on ready made ones.

"An ideal clothing budget is not simply a plan enabling the one making it to spend little money, but, enables her to use it in such a way that the best results are obtained".¹

The following is a suggested budget for a period of one year, the clothing allowance being forty-five dollars.

¹ Woolman, B. S., "Clothing" - Choice, Care and Cost.

KINDS	ON HAND	NEEDED	PRICE
<u>"Protected Clothing"</u>			
1 winter coat	1 winter coat	1 Rain	
1 sweater	1 sweater (worn)	coat	\$5.00
1 pr. galoshes	1 pr. galoshes		
- Foot Wear -			
8 pairs hose	3 pr. hose	5 pr. hose ²	3.45
4 pairs socks	1 pr. socks (worn)	3 pr. socks	.57
3 pr. school shoes	1 pr. school	2 pr. school	
2 pr. dress shoes	shoes	shoes ²	4.77
	1 pr. dress shoes	1 pr. dress	
		shoes	5.00
			\$19.19

"Outer Clothing"

2 wool dresses	1 wool dress	1 wool dress	\$6.98
1 wool suit	1 wool suit (worn)		
2 silk dresses (light)	3 silk dresses	1 silk dress ¹	3.13
2 silk dresses (dark)	1 light dress	(light)	
	2 dark dresses		
	(worn)		
4 cotton dresses	3 cotton dresses	1 cotton ¹	1.29
3 linen dresses	2 linen dresses	2 blouses ²	
	(1 worn)		
2 smocks	2 smocks	1 silk	1.98
3 blouses - 1 silk	1 blouse (cotton)	1 cotton	1.00
			\$14.32

¹ This indicates that the garments are made in the home.

² This indicates that the garments were on sale.

KIND	ON HAND	NEEDED	PRICE
<u>"Foundation Garments"</u>			
4 slips	:2 slips	:2 slips ²	:\$ 2.64
4 pr. shorts	:1 pr. shorts	:3 pr. shorts	: .75
3 pr. bloomers	:2 pr. bloomers	:1 pr. bloomers	: .29
2 brassieres	:2 brassiers	:	:
	: (1 worn)	:	:
2 pr. pajamas	:1 pr. pajamas	:1 pr. pajamas ¹	: .57
1 night gown	:1 night gown	:	:
1 kimona	:1 kimona	:	:
	: (worn)	:	:
	:	:	:\$ 4.25
2 hats	:	:	:
1 winter	:1 summer hat	:1 winter hat	: 1.98
1 summer	:1 tam	:	:
1 tam	:	:	Total\$36.34

¹ This indicates that the garments are made in the home.

² This indicates that the garments were on sale.

Linen as an appropriate fabric for a high school girl's wardrobe:

To the girl who loves immaculateness, no fabric has a greater appeal than linen. It is crisp, cool and fine looking.

Linens have been found to be very durable. They have been buried in Egyptian tombs for thousands of years and have endured laundering.

With the charm of sheerness, linen combines a luster almost as high as that of silk, a suppleness and an absorbent quality. For handkerchiefs and under clothing there is nothing daintier than fine linen, especially when it is decorated with the finest hand embroidery and real lace.

Linen crushes easily and does not take dyes readily, therefore its colors are not fast. For this reason, colored linens are not so pleasing in dresses as some of the attractive cotton fabrics. But white or cream linen is satisfactory and there are some weaves called non-crushable linens which remain fresh longer than others.

All who purchase linen should be able to judge its quality. They should know that the best linen has no dressing or very little sizing. This can be tested by rubbing the fabrics in the hand. The round thread which is soft, made with round twisted yarn is better than the flat thread linen. The number of threads per inch is important from the standpoint of economy.

The safest method is to buy linen at a reliable house where the clerk will tell the truth about merchandise. The consumer should remember that a higher price must be asked for a good quality of fabric for an inferior grade.

Woolen materials as an appropriate fabric for high school girl's wardrobe:

Because wool is a poor conductor of heat, it is very desirable for clothing. It takes dyes more readily than any other fiber, and its absorbent quality is very great. There are any number of reasons why wool fibers are more expensive than other fibers. Some of these reasons will be discussed later.

Wool is considered the warmest fiber and this is due largely to its structure. Its structure holds air more than the other fibers and therefore the temperature of the body is maintained. Moisture evaporates very slowly from wool and when it is wet it does not feel cold to the body. For this reason wool is especially valuable for outer garments or cold weather clothes. Wool soils easily, and bacteria develop in it more rapidly than in other fibers. It does not cleanse easily and shrinks and becomes harsh when boiled. For these reasons, it should not be worn next to the skin. A linen or cotton garment should be worn underneath it when it is used for underclothes.

Some of the characteristics of wool which makes it desirable as a fabric are:

- a. It readily reacts to dyestuffs.
- b. Deeper, richer, and more enduring colors are obtained in wool than in cotton or linen because animal fibers are more reactive to dyestuff.
- c. Wool has a natural elasticity, due to the overlapping character of the fibrous layers.
- d. The wrinkles in a wool garment will disappear if the garment is hung for a time in the open air.
- e. A good quality of worsteds will endure hard service.
- f. A garment made of firmly woven cloth will keep its shape well.
- g. Woolen fabrics which are loosely woven hold air in their elastic fibers, which make them feel warm.
- h. Closely woven fabrics keep out cold air."¹

Cotton as an appropriate fabric:

This is a very desirable fabric for a high school girl's wardrobe. The best weave in cotton is very durable. It has been found that cotton fabrics do not take dyes well and the best dyes are not always used, fastness of color can not be depended upon. To test the endurance of color in a wash fabric, it should be washed, ironed and then put into the sunlight.

For light-weight summer clothing and indoor dress cotton gives the best of service. It is good for porous underwear next to the skin, since it can be easily washed

¹ Buttrick, "Principles of Clothing Selection".

and sterilized and for clothing for cold weather, since it can be made warm and is not expensive, although it needs care to keep it in good condition.

The natural twist of cotton fiber gives it strength, hence it has much endurance. It absorbs water and launders easily and it is a good conductor of heat which makes it very satisfactory for clothing.

Silk is another fabric that should be found to some extent in a high school girl's wardrobe.

Silk, that is pure silk, is the strongest of the textile fibers. It is a poor conductor of heat which quality makes it valuable next to the body in cold weather, and its light weight and smooth softness add to its worth for garments. It sheds the dust and keeps clean for a long time, which also adds to its value for clothing. Some silks can be laundered and are used for underwear and blouses, but very hot water sometimes causes yellowing and stiffening unless great care is taken, therefore we cannot sterilize silk as we did in the case of cotton.

In selecting silk for the high school girl, one should get the best of silk because it will have to give more service. There should not be an excess amount of silk in the wardrobe due to the fact that there can not be too much laundering.

Plate I	Woolen material
Plate II	Silk material
Plate III	Cotton material
Plate IV	Linen material
Plate V	Protective Clothing
Plate VI	Outer Clothing
Plate VII	Foundation Garments

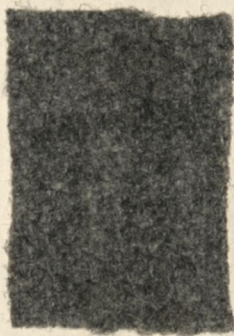


Plate I Woolen Material

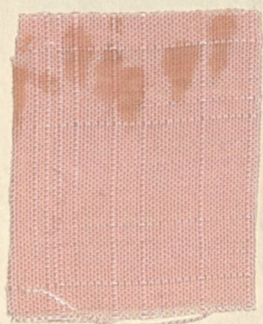
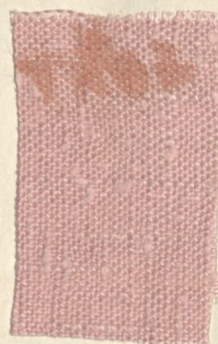
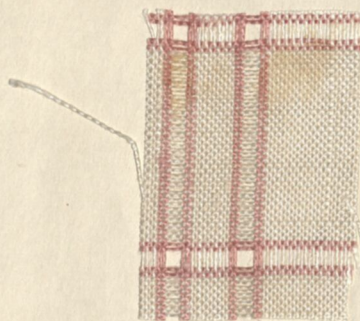


Plate IV Linen Material

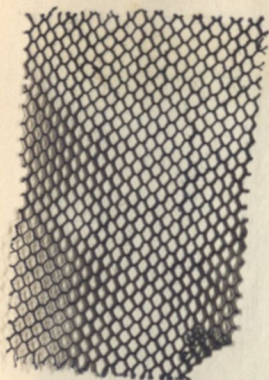


Plate III Cotton Material

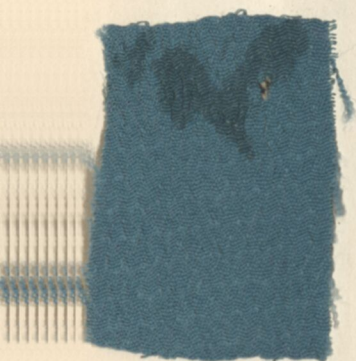


Plate II Silk Material

Selected Wardrobe For High School Girl



Plate V Protective Clothing



Protective Clothing



Outer Clothing



Outer Clothing



Plate VII Foundation Garments
& Underwear

SUMMARY

The selection of clothing is one factor that every individual, young and old must realize is important and learn how to go about selecting the proper things for the occasion.

It is very important to know how to use and the value of using a budget when buying clothes. Another factor is that of health in selecting the clothing and also appropriate fabrics to be used in the wardrobe.

A clothing budget needs careful planning and the plans must be watched because extravagance creeps in without being detected until it is almost too late. Overspending is very easy to do at a time like this with prices high and styles changing so often. There is nothing to fear if the buyer sticks to the budget planned.

Clothing plays a very essential part in the health of an individual. When selecting clothing remember that they are bought for the purpose of protecting the health of the wearer. Always buy clothing that will protect the body from extreme temperature and dampness, that permits freedom of action and does not retard circulation, that are light in weight, sanitary and porous. The above factors are essential to remember when selecting clothing in order to assure good health.

Buy fabrics that are durable, hold colors and designs are clear and suited to the wearer. They must stand the wear and tear of active girls and must stand

laundering through the months. The particular fabric that is selected should be for a particular occasion.

If the above factors are carefully considered, planned and carried out by that plan, the selection of a wardrobe will be no task at all.

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